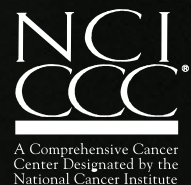
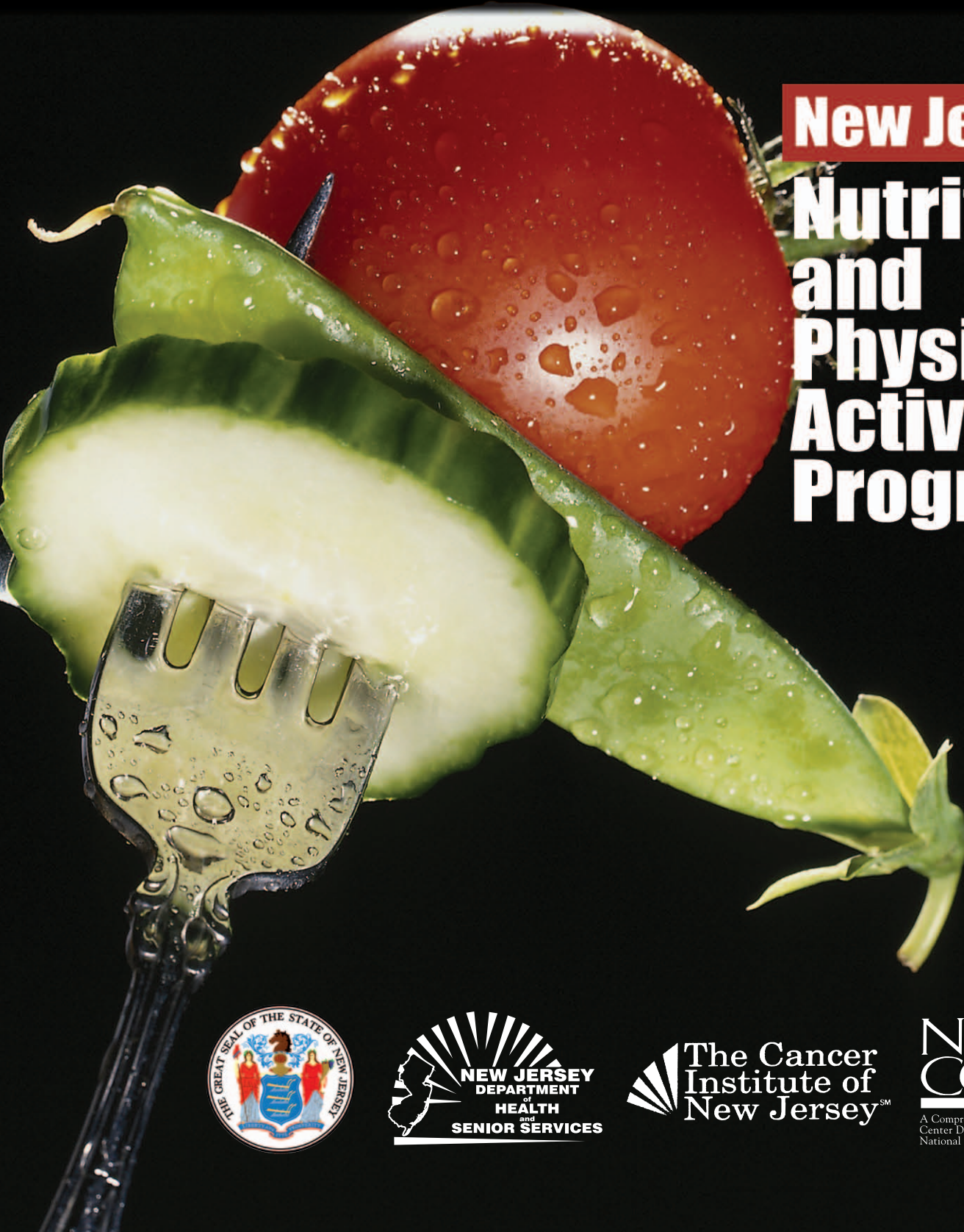




Office of Cancer Control and Prevention



New Jersey Nutrition and Physical Activity Programs



Nutrition and Physical Activity Programs in New Jersey

Introduction

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Detection, and Treatment In New Jersey

May 2008

This is the Second Nutrition and Physical Activity Programs in New Jersey Resource Guide 2008. Using as baseline the Nutrition and Physical Activity Resource Guide developed by Lisa Paddock and Elisa Bandera in 2003, we expanded the statewide survey. As a result, the 2008 Guide is a much more comprehensive resource. We hope it will help New Jersey residents find programs in their areas to help them achieve a healthy lifestyle.

We would like to continue building this Resource Guide. *If we missed your program or you would like to provide an update or send any corrections in your listed program, please contact us (see page 3).*

Nutrition and Physical Activity Programs in New Jersey

To add or change information about your program,
please complete the form below and mail to:

Elisa V. Bandera

The Cancer Institute of New Jersey

195 Little Albany Street

New Brunswick, NJ 08901 or

Email: elisa.bandera@umdnj.edu

You can also complete and submit our brief online
survey at <http://www.nj.gov/health/survey/npa/>

Program Name:	
Agency:	
Address:	
County:	
Phone:	
E-mail:	() -
Website:	
Focus:	
Services:	✓ (Check all that apply): Educational materials Workshop/classes Counseling Equipment or facilities for fitness Healthy choices in cafeteria/vending machines Fruits and Veggies- More Matters® (New campaign replacing 5 A Day Program) Other (please specify)
Age group:	
Funded by:	
Fees/Charges:	
Other info.:	

(Please use other pages if needed)

Nutrition and Physical Activity Programs in New Jersey

Our Goals:

- To provide an ongoing directory of programs promoting nutrition and physical activity for New Jersey residents
- To identify program gaps and overlaps to issue public health recommendations; and,
- To facilitate dissemination of successful programs available to New Jersey residents.

Relevance:

- Individuals can use this resource to find available programs promoting nutrition and physical activity in their areas.
- Organizations can use this information to address the nutrition and physical activity goals in the New Jersey Comprehensive Cancer Control Plan and Healthy New Jersey 2010, particularly by targeting high-risk populations.

New Jersey Comprehensive Cancer Control Plan:

Nutrition and Physical Activity Goals:

- To promote long-term healthy eating patterns, healthy weight, and physical activity for cancer prevention among New Jersey residents.
- To assure proper nutritional care for cancer patients.

Healthy New Jersey 2010 Goals Nutrition and Health:

- To increase the percentage of persons aged 18 and over eating at least five daily servings of fruits and vegetables (including legumes) to 35.0%.
- To reduce the percentage of persons aged 18+ & who are overweight but not obese to 27.6%.
- To reduce the percentage of persons aged 18 and over who are obese to 12.0% of all adults.
- Increase the percentage of persons aged 18 and over who participate in frequent, leisure-time physical activity during the past month to 42.5%.

A diet rich in fruits, vegetables, and whole grains, maintenance of a healthy weight and a physically active lifestyle has been shown to reduce cancer risk.



Did you know?:

- Only 25.9% of NJ residents consume the recommended number of servings of fruits and vegetables (at least five servings/day).
- Over 37% of adult NJ residents are overweight.
- Over 54% of NJ residents are not exercising regularly.

Source: Behavioral Risk Factor Surveillance System data, Centers for Disease Control, 2005.

Our Methods:

A statewide survey was conducted, between June 2006 and March 2007, to identify programs offered to New Jersey residents promoting healthy dietary habits and/or physical activity. Surveys were sent to industries, hospitals, universities, community agencies, state and local government, and private and public organizations in New Jersey. In addition to the detailed information about the nutrition and physical activity programs, organizations were asked to provide contact information for any other nutrition and physical activity resources that they were aware of. All eligible information received by May 1, 2007 was included in this resource guide.

We will continue collecting data and future updates will be made to this database. This resource guide will also be posted on the NJDHSS website: <http://www.njcancer.gov/>.

To send us information about a new program or to update/make any corrections to your program listed here, please follow instructions in page 3.

Nutrition and Physical Activity Programs in New Jersey

Using the Guide

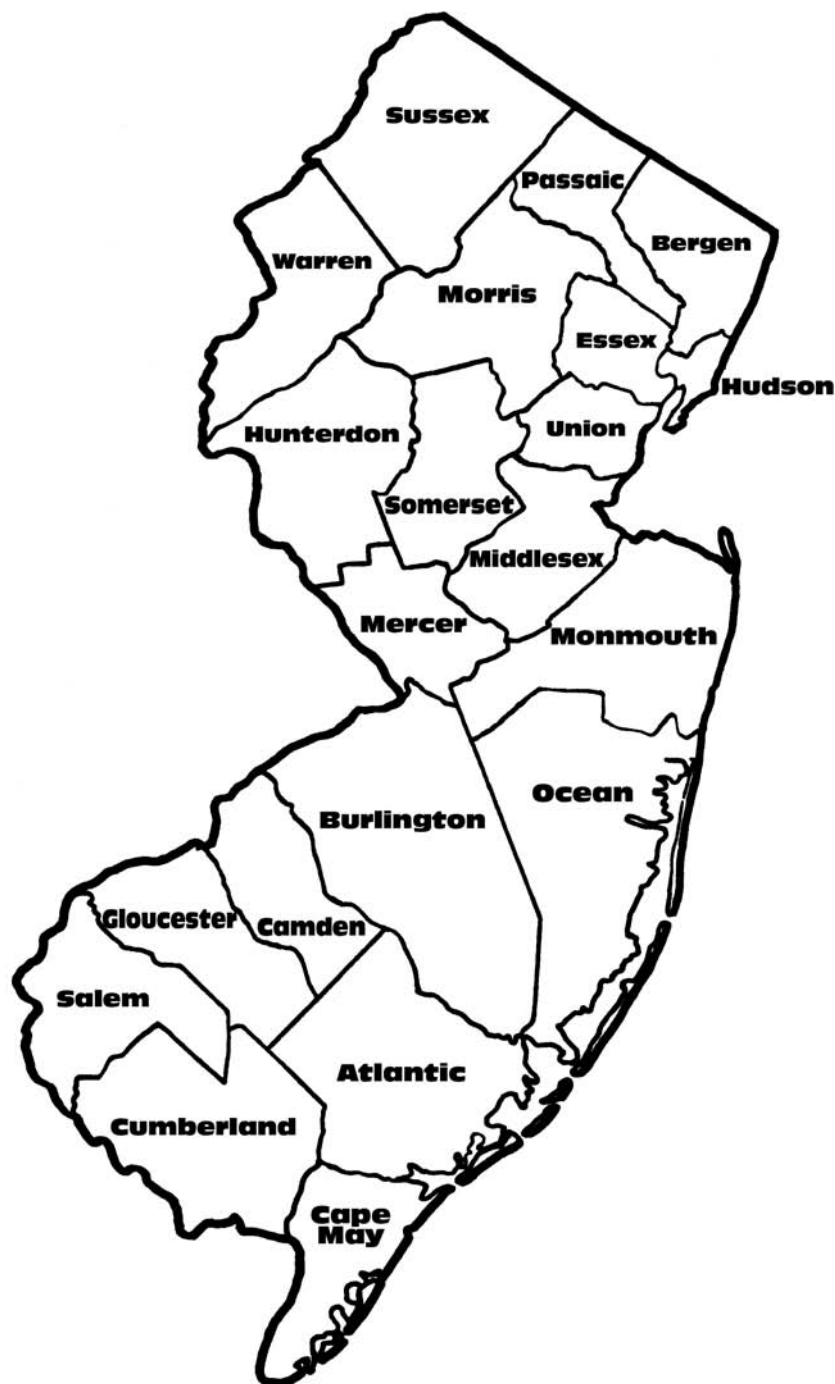
To use this resource, look for your county in the Table of Contents. For each county, Physical Activity and Nutrition Programs are listed. The name, address, and phone number are listed for each program. When available, details of the programs are provided, such as the FOCUS of the program, special SERVICES

that are provided, specific POPULATIONS that are served, FUNDING sources, FEES or charges that may be incurred for attending the program and any OTHER information.

Below is a key for the services provided.

Key:  **Education Materials**  **Workshops/Classes**  **Program Evaluation**  **Counseling**
 **Equipment or Facilities for Fitness**  **Healthy Choices in Cafeteria/Vending Machine**
 **Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)**

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